

To: All Personnel  
From:  
Subject: The JAM (Just-a-Minute) School Program  
Date:

## **Bringing Health Education and Physical Activity to the Classroom**

We are all faced with the challenge of adding health education and more physical activity into an already jam-packed school day. Due to this reality, we are happy to bring you the JAM School Program offered by **Health-E-tips, Inc.**

Shortly, you will begin receiving a weekly communication that will allow you access to the JAMmin' Minute routines. The JAMmin' Minute's are a one-minute physical activity routine designed to help you get your kids moving inside the classroom, during assemblies or for all of us to do over the PA system. These JAM minutes consist of 5 simple exercises that kids can do right at their desks while either standing at their desk or sitting in their chair. We encourage you to get jammin' each day of the week, multiple times throughout the day. Lead your kids or have your kids rotate the JAM leader's role. Use these fitness breaks to get the wiggles out, refocus your class, or to simply add more activity to the day. These one-minute exercises are also valuable for staff wellness making them a great way to get all of us moving more.

Included on this weekly communication is a **health tip** that can be read to the kids and reinforced each day.

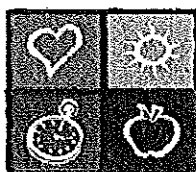
In addition to the weekly physical activity minutes, the JAM School Program provides a **Health-E-tips** monthly newsletter. This one-page, easy-to-read wellness letter is packed full of nutrition, fitness and health advice. You will find these tips to be real life and real world, without promoting fad diets or quick-change programs. The newsletter helps to educate all of us about simple ways to make some small changes in daily routines. Encourage your kids to read these communications and share them with their families.

### **What I Suggest:**

Use these materials and inspire your kids to learn healthy lifestyle habits.

We encourage your comments and feedback. From time-to-time we will be asked to provide feedback about the JAM School Program. We invite you to share how you are using the program so that others can learn from your creative ideas. Also, Health-E-tips' goal is to continue to improve this program, so be candid about what you like and what you believe would make it even better.

Enjoy and have fun!



**Health-E-tips**

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